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Walkability a key to health

SURVEY

Study looked at obesity of those in Lower Mainland

Tereza Verenca
For Metro | Vancouver

People living in Metro Vancouver's most walkable neighbourhoods are one-third less likely to be overweight or obese than those living in more car-dependent areas, according to new research being presented at this week's World Diabetes Congress in Vancouver.

The data was taken from the My Health My Community project, which surveyed more than 33,000 respondents in the Lower Mainland between 2013 and 2014. Questions ranged from how much time is spent on electronic devices to whether errands are run by foot or car. When it comes to the latter, the research suggests a neighbourhood's physical features — like its schools, retail stores and parks — can negatively impact health if they're not close by.

"We know that obesity is on the pathway to diabetes," Dr. Jat Sandhu with Vancouver Coastal Health told Metro. "We know that often adulthood obesity is a precursor to heart disease, Type 2 diabetes and certain types of cancers. Walkable neighbourhoods have a role to play in preventing obesity and Type 2 diabetes by encouraging active lifestyles."

The study measured walkability by using Body Mass Index and Walk Score (WS), an indicator developed for real estate use that ranks neighbourhoods between zero and 100. Of the Metro Vancouverites surveyed, 58 per cent were obese/overweight, while seven per cent reported having diabetes. Researchers found that compared to car-dependent areas (a WS score of less than 50), those living in a "walker's paradise" (a WS score of 90 or higher) had 31 per cent lower odds of being obese/overweight. Those living in very walkable areas (a WS score between 70 and 89) had 11 per cent lower odds.

Walkable neighbourhoods include Vancouver's West End, which Realtor.ca gives a Walk Score of 93. Morgan Heights in Surrey is an example of a car-dependent area and has a score of 24.

Sandhu said this granular data is a great tool for city planners.

"You want to make walking as easy as possible as part of their daily routine," he said.

For the majority of respondents living in Metro Vancouver (about 70 per cent), amenities are within walking and cycling distance. Fifty-five per cent said they commute by car, 28 per cent reported getting around on transit and 14 per cent listed walking or cycling as their main mode of transportation.

The World Diabetes Congress kicks off today and runs until Friday at the Vancouver Convention Centre.

HOPE FOR A GREEN FUTURE

EMILY JACKSON/METRO

Rick Maynard carries grandson Justin, 3, on his shoulders as a crowd gathers on the north plaza of the Vancouver Art Gallery.

Thousands rally downtown as part of the Global Climate March ahead of climate change meetings in Paris metroNEWS

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Your essential daily news

Canadian ministers get a glimpse of life in Syrian refugee camps in Jordan. **Canada**

CLIMATE CHANGE

Province won't hit 2020 goals: Report

Premier Christy Clark has said she will bill British Columbia as an environmental leader at the upcoming world climate change summit in Paris. But her own government-commissioned report concludes the province will miss its legislated greenhouse gas reduction targets.

In the report released Friday, a climate leadership team concluded the province will fail to meet its 2020 targets and recommends focusing emission-reduction targets for 2030 and 2050.

The team — appointed by Clark's government — also calls for an increase in B.C.'s carbon tax by $10 a tonne each year starting in 2018, to ensure the province remains a leader in the fight against climate change.

"We always said the 2020 target was going to be challenging to meet," Environment Minister Mary Polak said, in response to the team's report.

"They have confirmed that in the modelling that they have done."

Former premier Gordon Campbell introduced legislation eight years ago that aimed to reduce greenhouse gas emissions by 33 per cent below 2007 levels, by the year 2020.

"The 2020 target is extremely difficult to meet at this point," concludes the team's 36-page report.

Climate team member Merran Smith said they determined B.C. missed its 2020 targets because "we stopped putting in place any new climate action for the last few years."

> **The 2020 target is extremely difficult to hit at this point.**
> The report states

"We're really at a crossroads," said Smith. "We can continue to lead using these recommendations, or we are going to fall behind."

Sierra Club BC spokeswoman Caitlyn Vernon said the report marks a sad day for the province when failing to meet legislated targets is what passes for leadership on the climate change profile.

B.C. was the first government in North America to introduce a broad-based carbon tax in 2008 as part of its climate policy.

The tax reached $30 per tonne of carbon emissions — about seven cents per litre at the gasoline pump — in 2012, but it has not been increased since.

THE CANADIAN PRESS

$10/tonne

The provincial report calls for a carbon tax increase of $10 per tonne, starting in 2018, to help fight climate change.

Mayor talks transit with Prime Minister

PUBLIC TRANSPORTATION

Leaders hope Sunday meet in Paris will lead to new funding

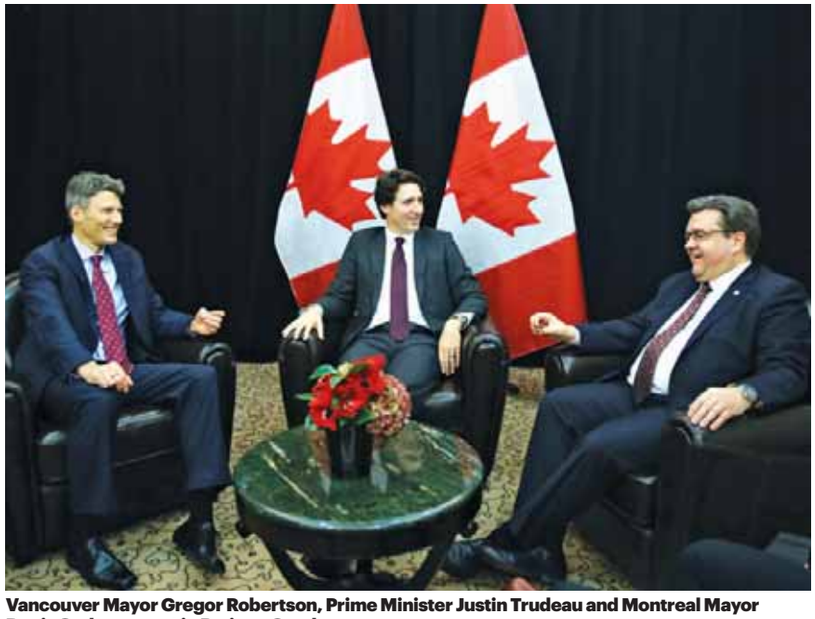
Emily Jackson
Metro | Vancouver

Vancouver Mayor Gregor Robertson is très hopeful Canadian cities will get major transit investments after a Sunday meeting with Prime Minister Justin Trudeau in Paris, where politicians are gathering for the 2015 United Nations Conference on Climate Change.

Robertson met Trudeau, Environment and Climate Change Minister Catherine McKenna, and Montreal Mayor Denis Coderre to talk about ways the federal government can partner with big cities to take action on climate change.

Robertson advocated for transit improvements generally and the Broadway subway specifically, he told Metro by phone.

"We talked about the best next investments in transit and transportation to reduce climate pollution and help relieve congestion, as well," Robertson said, adding he is "relentlessly" pushing for the mayors' 10-year plan that includes Surrey light rail and major bus investments.



Vancouver Mayor Gregor Robertson, Prime Minister Justin Trudeau and Montreal Mayor Denis Coderre meet in Paris on Sunday. CONTRIBUTED

> **We talked about the best next investments.**
> Gregor Robertson

While Trudeau didn't make a firm commitment to a specific timeline, Robertson said he hopes it can be done in a year or two after details are hammered out with the feds and the province.

"We're very hopeful that all partners area going to step up, and having the Trudeau government more aggressively driving the pace is very helpful," he said. "It was very encouraging to hear his steadfast commitments to investing in Canada's cities."

National leaders will meet Monday to negotiate global goals for greenhouse gas emission reduction. Robertson said the city is awash with security, somber and determined to push forward after the Nov. 13 terrorist attacks.

"There's definitely excitement about the climate summit and having so many people coming to Paris despite the attacks," he said.

Attendees carry signs advocating for wild salmon, at the Vancouver climate rally on Sunday. Artists created the billboards to "swim" behind six-foot-long salmon as a creative way to draw attention to the issue. EMILY JACKSON/METRO

Hope, urgency meet at rally

ENVIRONMENT

Thousands come to march to demand climate action

Emily Jackson
Metro | Vancouver

Hope and optimism spilled onto Vancouver's streets as several thousand people rallied in support of action to stop climate change on Sunday.

Advocates of all ages and for all causes — pro-vegan, save-the-salmon and anti-fossil fuel groups boasted large contingents — joined the Global Climate March taking place in 2,200 cities around the world the day before world leaders meet in Paris to negotiate a plan to tackle climate change

Organizers and police estimated between 4,000 and 6,000 locals gathered at the Vancouver Art Gallery before marching throughout downtown.

"It's a pretty amazing display of community spirit," organizer Ruth Walmsley said, noting that more than 40 local organizations teamed up to host the grassroots event.

"We're here to send a strong, clear message that we just have to have immediate and meaningful action to address the climate crisis."

Unlike the atmosphere protests before the Oct. 19 election ushered in a Liberal government that put climate change high on its agenda, there was a spirit of possibility buzzing through the crowd. But optimism is just the beginning, Walmsley said.

> **Clearly this issue is about life or death of Mother Earth.**
> Grand Chief Stewart Phillip

"I feel strongly that nothing is really going to change without a lot of pressure from below, from the grassroots, from average people," she said.

Speakers echoed her sentiments and emphasized the need to preserve the planet for future generations.

Union of B.C. Indian Chiefs Grand Chief Stewart Phillip, who has 15 grandchildren, said society is at a turning point and becoming more aware of the need to take action.

"Clearly this issue is about life or death of Mother Earth," said. "The work we do or don't do will change the future of all of our grandchildren."

That's what inspired Rick Maynard to bring his grandson Justin, 3, to the rally. "I want to set an example for him," he said.

For Aja Lamb-Hartley, a 22-year-old volunteer with the environmental organization Dogwood Initiative, the march was an opportunity to show support for the cause.

"When you work in this field it can be really depressing… this is inspiring," she said.

SKYTRAIN

Evergreen Line faces more delays

Tereza Verenca
For Metro | Vancouver

Completion of the Evergreen Line has once again been delayed by several months, B.C.'s Transportation Ministry announced Friday.

The new SkyTrain line originally was scheduled to be operational next summer, but was pushed back to the fall of 2016. Now, the ministry has confirmed the issues around tunnelling earlier this year have pushed back the opening to early 2017.

In March, the tunnel-boring machine known as Alice ran into some challenging ground conditions and got stuck for months in under Clarke Road and Seaview Drive.

That changed on Friday when it emerged from the two-kilometre stretch running from east of Barnet Highway in Port Moody to south of Kemsley Avenue in Coquitlam. The event was hailed by local politicians as a "milestone," and marked the end of the tunnel-boring process, the most complex and technically-challenging part of the $1.4-billion project.

Tunnel interior work and systems installation, meanwhile, will continue into summer of 2016. This will include track work, ventilation and communication systems and building the base and centre wall. Above ground, crews must finish the seven stations (more than 80 per cent complete), the park and ride facilities, road works and landscaping. Trains are expected on the tracks for testing come next fall.

Overall, the 11-kilometre Evergreen Line is 75 per cent complete, according to the ministry. Once operational, the line will link Burnaby, Port Moody and Coquitlam to Vancouver, and by 2021 is expected to carry up to 70,000 passengers, and remove 40,000 cars from the road every day.

The tunnel-boring machine Alice emerged last week from a two-kilometre stretch running between Port Moody and Coquitlam. FLICKR/B.C. MINISTRY OF TRANSPORTATION AND INFRASTRUCTURE

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Mother, family reunite after toddler denied visa

IMMIGRATION

Woman sees husband, kids for first time in four months

Thandi Fletcher
Metro | Vancouver

A B.C. mom has finally been reunited with her family after she says Canadian immigration officials repeatedly denied her toddler, who was born in South Africa, entry to Canada.

Susan Standfield, who was born in Vancouver, was finally able to hug her husband and two young children when they arrived at YVR on Nov. 26 after nearly four months apart.

"It's unbelievable," she said with a sigh of relief. "I can smell them and hold them again. I forgot what it was like to hold them."

Standfield's joy is a far cry from the bureaucratic nightmare she has endured over the past four months. She said she routinely experienced panic attacks, unsure when she would be able to see her family again.

Earlier this year, Standfield, a fifth generation Canadian who was previously living in South Africa, moved back to B.C. and accepted a job with a Vancouver-based communications firm.

Her husband Robert Spooner, who is a British citizen, planned to follow with their two children, four-year-old Jack, who is also a British citizen, and Meg, who is a South African citizen.

But those plans were stalled after two visa applications and a passport application for Meg were denied because Canadian officials refused to accept her daughter's birth certificate.

Susan Standfield says Canadian officials refused to accept her South African born daughter's birth certificate. CONTRIBUTED

After Standfield went public with her story, she said a consultant contacted her and helped expedite the immigration process.

Although her family is now here, Standfield said she plans on continuing to lobby for changes to Canada's immigration process. She said she wants to see citizenship, immigration and refugee applications handled by separate ministries to help streamline the process.

While she recognizes that refugees are just as important for Canada, she said she was told by immigration that her daughter's application was delayed because of a refugee application backlog.

"That should never happen," she said. "In the same way that people who are dealing with serious refugee issues, they shouldn't have to be waiting ... no Canadian should ever be experiencing stress when it comes to their citizenship."

After only two days living in their new hometown of Gibsons, Standfield said they are already settling into their new lives together.

"I took them to the public skating rink in Gibsons, and my boy's face just lit up when he saw a hockey rink," she said with a laugh. "He just thinks it's the coolest thing."

> **I took it for granted that being Canadian would make things happen quickly for us. That was naive.**
> Susan Standfield

She urged any Canadians who plan on having children overseas in a country that doesn't have a favourable immigration agreement with Canada to either "come home and have the baby" or to be prepared for a year or two of waiting for their citizenship application to be processed.

"I took it for granted that being Canadian would make things happen quickly for us," she said. "That was naive."

ALAN KURDI

Cousins slated for Canada

The aunt of a Syrian boy whose lifeless body was photographed on a Turkish beach says she's torn between grief and happiness after one of her brothers was approved to come to Canada.

Tima Kurdi said her brother Mohammed, his wife and five children have been accepted by Citizenship and Immigration Canada. But she is still haunted by thoughts of three-year-old Alan Kurdi and his father Abdullah, she said.

"To be honest, my feelings are mixed feelings - happy I'm saving those lives," she said Friday when reached by phone at her Metro Vancouver home.

"But deep down, I'm so, so hurt by just thinking about my brother Abdullah," she said. "Every single night, those two little nephews, it just breaks my heart."

Abdullah's two sons and wife drowned in September after he paid smugglers to help them cross the treacherous waters between Turkey and Greece. A photo of Alan's body in the surf sparked international sorrow and momentum to help refugees.

Tima Kurdi's original application to bring Mohammed and his family to Canada was denied as it didn't have the necessary paperwork. The rejection caused Abdullah to lose hope and to instead attempt the deadly voyage, his sister has said.

An official with Citizenship and Immigration Canada invited Kurdi in mid-October to re-apply for Mohammed, as the government was no longer asking for difficult-to-obtain United Nations documents.

She said she received an email on Nov. 10 that confirmed the application had been approved. But the family still has to pass security checks and medical exams in Turkey before they can book a flight. THE CANADIAN PRESS

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Controversial tower up for discussion

SKYLINE

Public meeting over 26-storey building on North Shore

Emily Jackson
Metro | Vancouver

The developer hoping to plunk a glass tower next to downtown Vancouver's main transit hub Waterfront Station is seeking public feedback on the plan.

Architects will hold a public meeting this week where people can share feedback on a proposed 26-storey office building at 555 West Cordova St., a piece of land on the edge of Gastown that currently functions as a parking lot and a public space where tourists and commuters alike enjoy extraordinary views of the North Shore and port.

It's sure to be a packed house considering how much drama owner Cadillac Fairview caused when it first revealed plans for an origami-esque tower on the site.

Upon seeing the original design, which was rejected by the city's urban design panel in January, former city planners called it as "a horror," an "alien parasite" and a "Martian landing."

The former planners penned a letter to Brian Jackson, then head of the city's planning department, condemning the tower as it relates to larger plans for a central waterfront hub atop the railroad tracks. Jackson announced his retirement days later for reasons he said were unrelated, but he later derided the former planners for interfering in a speech to developers.

Meantime, architects have been working on a revised plan. They have not yet submitted revised drawings, according to the city.

The site is privately owned and already zoned for a tower, so there will be no public hearing for the project.

The parking lot between Waterfront Station and The Landing.
JENNIFER GAUTHIER/METRO

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HARASSMENT

Complaints kept confidential at UBC

Graduate students who have faced harassment and discrimination at the University of British Columbia can now tell their stories confidentially to the society that represents them.

The university's graduate student society has launched a website called "My Grad Story" that encourages students to share their experiences through an online form, a private appointment or by sharing publicly on social media.

UBC has come under fire after several current and former graduate students complained that it took a year and a half for school administrators to act on multiple sexual assault allegations against a PhD student.

Society president Tobias Friedel says the website's launch is coincidental to the students' complaints, but he is saddened by their traumatic experiences and inspired by their courage.

The society says the website will help it gather critical information about discrimination and harassment at UBC, and it's calling for a multifaceted response, including procedural changes and better training for students and faculty.

UBC's interim president Martha Piper has said the university does not tolerate sexual violence and has vowed to begin a discussion on a new policy for responding to sexual assault complaints.

THE CANADIAN PRESS

IN BRIEF

Police investigate attempted kidnapping

Vancouver police are investigating a report of two men allegedly trying to lure a 14-year-old girl Thursday morning.

Police said the girl told them that at about 8:40 a.m., while she walked in the area of 17th Avenue and Fraser Street, two men in a grey minivan described as having square or boxy contours honked at her.

The driver then got out, called for her to get into the van and started to follow behind her while the other man remained inside the vehicle, according to police.

Police said the girl, afraid for her safety, went into a nearby coffee shop. About a minute later, the man also entered the same coffee shop, but said nothing and made no attempt to grab or touch the girl. He eventually left on his own, police said.

THANDI FLETCHER/METRO

Police warn of iTunes scam

Nanaimo RCMP say the man received an email that appeared to be from Apple iTunes listing several transactions on his account, and asking him to click on a link if the charges were incorrect or fraudulent.

He opened the link and was prompted to enter his credit card number, the security code, his social insurance number, date of birth and his mother's maiden name.

Mounties say the man's bank called the next day asking if he was withdrawing $9,000 on his credit card and the man realized he had been scammed.

RCMP Const. Gary O'Brien says alarm bells should have been ringing when the man was asked for his credit card information and social insurance number.

THE CANADIAN PRESS

FOR PARIS DIGNITARIES PAY RESPECTS Quebec Premier Philippe Couillard (left to right), Montreal Mayor Denis Coderre, Mayor of Paris Anne Hidalgo, French Prime Minister Manuel Valls, Canadian Prime Minister Justin Trudeau with his wife Sophie Gregoire-Trudeau, and Canadian Ambassador to France Lawrence Cannon visit a memorial Sunday in Paris outside the Bataclan Cafe, one of the sites of the Nov. 13 terrorist attacks. ADRIAN WYLD/THE CANADIAN PRESS

Leaders talk security

MILITARY

Trudeau affirms solidarity in terrorist fight

French President Francois Hollande appeared to give his blessing to Canada's proposed withdrawal of its fighter jets from the bombing campaign against Islamic militants after meeting Prime Minister Justin Trudeau on Sunday at the Elysee Palace.

The fight against the Islamic State in Syria and the Levant (ISIL), has taken on new urgency in France after terrorists claiming to be inspired by the movement killed 130 people earlier this month in Paris in seven co-ordinated attacks.

Hollande has been travelling the world drumming up support for a massive military response, including more air strikes by more countries, at exactly the same time Trudeau's government says it will remove Canada's six CF18s from Iraq and Syria and step up military training instead.

Hollande said he and Trudeau had spoken about security, the battle against radicalism and diplomacy.

"But we also have to act militarily," said Hollande, adding Trudeau affirmed Canada's solidarity in the global fight and each country should contribute "within their own means."

Trudeau said Saturday the shadow of the recent terrorist attacks in Paris has made world leaders eager to show up in solidarity at the Paris climate talks that begin Monday, and he was optimistic of a positive outcome despite the absence of credible emissions-cutting plans to stop global warming.

Foreign Affairs Minister Stephane Dion and Catherine McKenna, Minister of Environment and Climate Change, held a news conference Sunday in Paris at the government-run Canada Cultural Centre where the Canadian optimism briefly foundered on the question of whether a Paris climate deal will be legally binding.

THE CANADIAN PRESS

POLITICS

Overhaul to include gender-parity goal

The federal Liberals say they plan to extend a promise of gender parity in cabinet to ensure the same outcome in appointments the government makes to boards, agencies and Crown corporations.

The party vowed to create an outside body to recommend senators, a model like one used in Britain for government-wide appointments to boards and agencies made by cabinet and ministers. THE CANADIAN PRESS

IMMIGRATION

Ministers hear of refugees' struggle

The World Food Program ran out of money last fall to help feed 80,000 people who live at Zaatari, a refugee camp in Jordan near the Syrian border that was set up in the early days of Syria's civil war.

Without the prepaid MasterCards with the $28 US per person, per month, to buy food at the two official supermarkets in camp, people pulled their children out of school so they could work for grocery money and rates of child marriage rose as a way for families to provide for their daughters.

An influx of cash from international donors — Canada among them — helped alleviate the immediate crisis, a delegation of federal cabinet ministers heard Sunday from WFP and UNICEF officials.

Immigration Minister John McCallum, Health Minister Jane Philpott and Defence Minister Harjit Sajjan were on a one-day visit to Jordan, one of the three countries from which Canada is now in the process of selecting 25,000 Syrian refugees for resettlement in Canada over the coming months.

The reality is most of the refugees Canada will take in are unlikely to come from Zaatari or camps elsewhere, but from cities and towns. But that hasn't stopped camp residents from hoping they'll get a spot. THE CANADIAN PRESS

FINANCIAL

Incoming Syrians won't have to repay loan

Ottawa has confirmed it will not ask displaced migrants from war-torn Syria who avail of the federal immigration loans program to pay back the cost of bringing them to Canada. TORSTAR NEWS SERVICE

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COLORADO SPRINGS

‘Madman’ guns down health clinic

Robert Lewis Dear, the suspected gunman in a deadly shooting at a women’s health clinic that offers abortions, said “no more baby parts” after his arrest, a law enforcement official said.

The official spoke on condition of anonymity, not authorized to speak publicly about the investigation.

Police said they will not disclose why the gunman opened fire at the Planned Parenthood clinic, killing three people. Colorado Springs police said in a statement they are sealing the warrants related to the case against 57-year-old Robert Lewis Dear. They are not providing information on the weapon used.

Dear is expected to make his first court appearance Monday.

Planned Parenthood, a national organization, has cited witnesses as saying the gunman was motivated by his opposition to abortion, one of America’s most sensitive issues.

Anti-abortion activists, part of a group called the Center for Medical Progress, denounced the “barbaric killing spree in Colorado Springs by a violent madman” and offered prayers for the dead and wounded and for their families.

A Roman Catholic priest who has held weekly Mass in front of the clinic for 20 years said Dear wasn’t part of his group. THE ASSOCIATED PRESS

Mourners attend a vigil held on Sunday at the University of Colorado-Colorado Springs’ campus for those killed in Friday’s deadly shooting. CHRISTIAN MURDOCK/THE GAZETTE VIA THE ASSOCIATED PRESS

SYRIA

Airstrikes kill at least 18

Airstrikes believed to have been carried out by Russian warplanes killed at least 18 civilians and wounded dozens more on Sunday in a northern Syrian town held by insurgents, Syrian opposition media reported.

The Britain-based Syrian Observatory for Human Rights said the airstrikes struck the town of Ariha, killing at least four children and wounding dozens more. The Observatory said three buildings were destroyed in the chaos.

If Russian warplanes carried out Sunday’s strikes it would be one of the deadliest incidents since Moscow began launching airstrikes in Syria. THE ASSOCIATED PRESS

Rallies call for climate action

ENVIRONMENT

French police fire tear gas as protests rage on in Paris

Hundreds of thousands of people have taken part in rallies around the world on Sunday, calling on leaders to halt climate change on the eve of a major conference in Paris.

Violence quickly erupted between French riot police and a group of several hundred at a major square in Paris that was the site of a peaceful demonstration earlier. Police fired tear gas to disperse protesters throwing projectiles.

An organizer of the rallies, Avaaz, said that early estimates of marchers around the globe show 570,000 people marched in 175 countries.

Thousands of demonstrators gathered in central Paris and formed a human chain along the route of a long-planned protest march that was banned by the French government in a security crackdown following the Nov. 13 Paris attacks. THE ASSOCIATED PRESS

1 Frankfurt, Germany — A woman wears a gas mask during a protest rally to promote climate protection on Sunday. FRANK RUMPENHORST/DPA VIA THE ASSOCIATED PRESS

2 Paris, France — Police fight with activists during a protest ahead of the 2015 Paris Climate Conference at the place de la Republique. LAURENT CIPRIANI/ THE ASSOCIATED PRESS

3 Toronto, Canada — Hundreds of people descended upon Queen’s Park Sunday to participate in a call to action on climate change leading up to the Paris summit. LIZ BEDDALL/METRO

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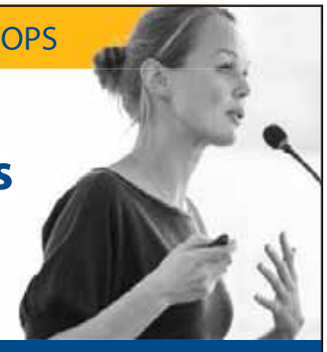

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Clean-tech fix eyed for warming woes

CLIMATE CHANGE

Gates sparks plan to spend billions on low carbon energy

Government and business leaders are banking on clean energy technology to fight global warming, kicking off this week's high-stakes climate change negotiations in Paris by pledging tens of billions of dollars for research and development.

Microsoft founder and philanthropist Bill Gates, U.S. President Barack Obama and French President Francois Hollande will announce the new initiative on Monday, committing to spend tens of billions of dollars for a technological fix to the planet's climate woes, three current and former officials have said.

"It brings a new kind of burst of energy into the conference right at the beginning on something very important," said Jennifer Morgan, global climate director for the World Resources Institute.

The "ambitious" effort to develop clean energies initially involves eight countries — France, the U.S., India, South Korea, Saudi Arabia, Australia, Canada and Norway — according to a French official. These countries would pledge to double their spending on low or no-carbon energy, according to an early version of a document.

The money would focus on research and development of technologies such as energy storage, which could make better use of clean power from wind and solar regardless of the vagaries of weather.

Led by Gates, about 20 private business leaders have signed on to the initiative, making their pledges conditional on governments also pledging more money, said a former U.S. government official who is familiar with the plan.

THE ASSOCIATED PRESS

NOT ENOUGH

Ban Ki-moon suggests reviews every five years

UN Secretary-General Ban Ki-moon says governments' pledges to cut global warming emissions aren't enough and should be reviewed before 2020.

He endorsed plans for reviewing targets every five years.

More than 180 countries have submitted climate action plans before the UN climate summit in Paris, including pledges to cut or rein in heat-trapping greenhouse gas emissions after 2020, when the new deal is supposed to take effect. But scientific analyses show that even if those plans are implemented man-made warming is likely to reach almost 3 Celsius, which is beyond the 2-Celsius goal of the talks.

THE ASSOCIATED PRESS

HOG-TIED TRIBUNE COUNTY RUNNING OUT OF WATER A pig looks out of its pen at Seabord Foods' Ladder Creek operation near Tribune, Kan. With the water source under the flat, arid prairie nearly exhausted after decades of overuse, county residents narrowly voted five years ago to allow corporate hog-feeding operations to move in to replace failing crop farms, but the company is pumping wells that had been idle for a decade, and environmentalists and some residents are worried that instead of preserving the remaining water, the county will be a desert once the hogs and the water are long gone. CHARLIE RIEDEL/THE ASSOCIATED PRESS

IN BRIEF

Black Friday store sales fall as shoppers go online

Black Friday shopping is shifting from hours spent in line to more time online. Sales at retail stores on Black Friday fell to $10.4 billion US this year, down from $11.6 billion US in 2014, according to research firm ShopperTrak.

A big reason for the declines is increased online shopping, as Americans hunt down deals on their smartphones, tablets and computers. Another key factor: Many retailers are offering bargains long before Thanksgiving.

THE ASSOCIATED PRESS

Big banks expected to focus on cost cutting

Grappling with a perfect storm of economic and operating challenges, Canada's biggest banks are expected to emphasize their efforts to rein in costs as they report their fourth-quarter earnings this week. Analysts will be looking for signs of cracks stemming from continued low oil prices on the banks' loan books.

THE CANADIAN PRESS

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metro VIEWS

Your essential daily news

Monday, November 30, 2015

Off the hook
A new study shows mobile phone use is a good predictor of socioeconomic status in developing countries where a census isn't practical.

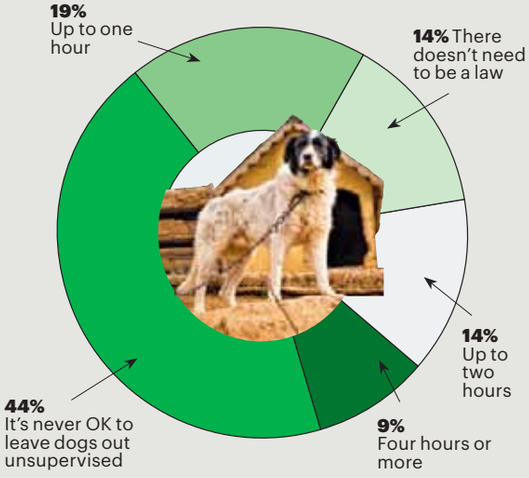
Metro MONDAY POLL

The leash you can do

Visit metronews.ca **every Friday to have your say.**

How long you can tie up Toto could soon be a matter for the law. Dog tethering bylaws are being introduced in many communities, as animal welfare advocates try to stop a practice they say is cruel and makes dogs more aggressive. The maximum tying-up time ranges from one to four hours. We asked our readers if this should be common sense, or if a crackdown on cruelty is in order.

1 How long should you be allowed to leave your dog outside on a leash (in decent weather)?


19% Up to one hour
14% There doesn't need to be a law
14% Up to two hours
9% Four hours or more
44% It's never OK to leave dogs out unsupervised

2 What should the penalty be for people who tether dogs outside for extended periods?

41% A fine of more than $100
16% A doggy parenting class
13% A fine of less than $100
8% A short jail term
8% Lock them up and throw away the key!
14% Other

Second-time offenders should not be allowed to keep animals.

Tie them outside to see how they feel!

3 What should people do with their dogs when they need to leave them alone?

52% Leave them in the house (within reason)
11% Leave them with a dog sitter
10% Get family or friends to check in
9% Put them in doggy daycare
9% Leave them in a fenced yard with plenty of food, water and shelter
1% Tie them up
8% Other

When it's warm, our dog loves to be outside most of the day.

No longer than eight hours without being checked on.

Crate training is safe and effective if your dog can't be trusted in the house.

WE ASKED Metro readers

Giving is the best way to catch holiday spirit

CITY HOLLER

Trish Kelly

If you're nursing a Black Friday hangover right now, or are poised to blow considerable bitcoins today on Cyber Monday, or even if you're one of the smug individuals who didn't get suckered in to the various ploys to part you from your hard-earned cash this weekend, it serves all of us well to note that tomorrow is the annual GivingTuesday. It's an initiative that encourages Canadians to support local non-profits right after the biggest shopping weekend of the year.

Ask yourself what you have to give. If it's not cash, perhaps you can help refugees get their bearings.

The recent confirmation by the federal government that we will welcome 25,000 Syrian refugees to our country has many of us in the mood to give. Here in Vancouver, individuals and organizations are preparing for their arrival in creative ways. From hair salons hosting clothing drives to developers offering temporary housing, Vancouverites are stepping up to help the coming arrivals.

Vancity Credit Union has for several decades partnered with Immigrant Settlement Services of B.C. (ISSofBC), to help government-sponsored refugees get their first bank accounts on arrival. Vancity has also announced that they are looking for more ways to help, including potentially offering loans to help refugees pay back their travel costs and financing to upgrade professional certifications in Canada.

On the tech front, PeaceGeeks, a Vancouver based nonprofit, spent their weekend hosting a hackathon called Random Hacks of Kindness. Last year's edition resulted in an app which now helps Syrians living in refugee camps find water and other resources. They're also the hosts of an online fundraising campaign called #GiveitUp4Peace, which asks you to pledge to give up one thing you think you can't live without, i.e., coffee or elevators, to raise funds for refugees who have literally given up everything.

Vancouver is an expensive city to live in, which will be painfully true for any refugees directed here by the federal government. But Vancouver also has a concentration of support services for newcomers, which may be a worthwhile trade-off as Syrian arrivals get their feet under them. Many organizations saw their funding starved under Harper, but we can hope the new government will turn that tide.

While we wait to see exactly what Trudeau will do, organizations like Vancouver Association for Survivors of Torture, which offers trauma counselling and other programs for refugees who've experienced violence in their country of origin, could use some of your spirit of giving.

On the eve of GivingTuesday, ask yourself what you have to give. If it's not cash, perhaps you can offer your time helping refugees get their bearings. ISSofBC's website has a long list of ways you can help new refugees stand a better chance of thriving.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

metroview

Fentanyl is a side-effect of overdosing on abstinence

Tim Querengesser
Metro | Edmonton

I'm an addict. The addiction started at 15, and though I've lived long periods free of it, I've never beat it. Every time I've quit without medicine or counselling, I've relapsed.

My addiction is nicotine, and like most dependencies, it won't kill me if smoke again — which evidence shows is likely.

But let's flip the script: If I were physically addicted to, say, fentanyl, 50 times more powerful than heroin, and I quit and relapsed the same way I've done with tobacco, the outcome could be tragic.

As with all opioids people abuse, public-health workers see that heavy users often get clean through abstinence treatment, but then relapse.

Going clean lowers tolerance, so using again puts a person at an extremely high risk of overdose and death.

That the stakes are this high makes what's happening with fentanyl treatment in Alberta a wake-up call for the rest of Canada: It's beyond time we put aside the morality-based abstinence ideal and follow what science shows works: methadone and suboxone. Experts says these medications cut cravings, treat withdrawal symptoms, prevent relapse and save lives.

So far in 2015, 213 Alberta deaths have been attributed to fentanyl, with 55 in the Edmonton zone.

But disturbingly, several reports have shown that the number of people on methadone treatment in Alberta is down, and there are month-long waiting lists to get in.

Elaine Hyshka, a PhD student in the School of Public Health at the University of Alberta, said the problem is complex and not about indifference or political will.

She explained it's partly due to a shortage of doctors licensed to prescribe methadone and suboxone in Alberta, and limited incentives to get them to earn the license. Since the opioid crisis has grown, few doctors will want to prescribe methadone or suboxone, as they'll quickly be overwhelmed with patients.

As Metro Edmonton has reported, mothers of fentanyl users have been desperate to find their children treatment beds — cut access to the drug, goes the thinking, and they'll live another day.

It works, short term. But, Hyshka said, most of Alberta's in-patient addiction beds are abstinence based, and don't include methadone or suboxone. That's a very big problem.

So too is the fact that most in the addictions treatment community saw this situation coming, with the 2012 removal of OxyContin from the prescription (and thus, illicit) market in Alberta.

There was already an opioid problem here, she said, and removing a popular pill didn't kill demand — it just shifted it to a drug that's far more lethal.

The same applies to methadone and suboxone: The demand is there, and abstinence is being used in substitution. It's time that stopped, before more people die.

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With Facebook's Mark Zuckerberg about to become a dad, company offers dads four months' paid leave

Country music's bumpy ride

TEBEY OTTOH

Singer still grinding away despite early Nashville success

Tebey Ottoh wasn't old enough to drive when he first managed to get his boot in the door of Nashville's impregnable country scene, and he certainly wasn't old enough to understand his luck.

He was 14 when he won a country singing contest in Simcoe, Ont., a competition he had previously conquered as young as six. This time, the prize included studio time in Toronto, which the adolescent Ottoh used to craft his debut demo.

Naively, he mailed it to the record companies in Nashville and waited.

"Everyone knows that's not how you get a record deal," he recalled, sipping a vodka and Red Bull at the Rock 'n' Horse Saloon in Toronto. "Those things just go in the garbage."

In Ottoh's case, however, the demo caught the ear of the president of MCA Records, who summoned the teen to Nashville and promptly signed him to a development deal.

"I'm thinking as a 15-year-old kid: 'Wow. That was really easy.'"

The next 17 years would prove him wrong.

His solo career would suffer several false starts and supposed finishes, and before he would get the chance to write songs for One Direction, Cher or, well, himself, he would have to prove exactly how much he wanted it.

MCA Records signed Tebey Ottoh to a development deal at 15 years old, but by the time he was 20, it was all gone. So he turned to songwriting, penning songs for the likes of One Direction and Cher. TORSTAR NEWS SERVICE

Early on, however, music came naturally. The son of an engineer born in Nigeria who met his mother on a soccer scholarship at Trent University, Ottoh began singing in church at age five.

It was with his father that he shuffled to Music City, with the rest of his family remaining in Burlington, Ont.

By 17, he had shifted to a different record label, but the opportunities were no less abundant.

He had an American publishing deal, a star producer (Bob Rock) and a famously tenacious manager (Bruce Allen).

It amounted to almost nothing. "I had everything I could have ever dreamed of as an artist at 17 years old," he said.

"And by the time I was 20, it was all gone. I lost my record deal. I lost my publishing deal. I parted ways with Bruce.

"That brought me back down to earth pretty quick."

It also brought Ottoh back to Canada, where he was dejected but undeterred.

Soon, he found that he could extract more mileage by putting his songs into the hands (or voices) of others.

He wrote music for Canadian Idol and hits started trickling in: Run for Rex Goudie, Let's Go for Shawn Desman.

He then received a call from his old Nashville buddy, John Rich, one half of Big & Rich. Coming off two platinum albums, Big & Rich wanted to record Ottoh's song Radio on their next album.

With that, Ottoh shuttled back to Tennessee and there he began scattering hits to every part of the musical field.

He penned tunes for One Direction, Cher, Flo Rida, Pixie Lott and Emerson Drive. Even here, his dogged nature stood out.

"Sometimes you'll sit down with a writer and they want to get that song done today," said Emerson Drive guitarist Danick Dupelle. "Not him. He doesn't settle for the easy way out."

Despite his success, however, Ottoh wasn't content filtering his compositions through other voices.

He went solo again, his first name only, with 2012's appropriately titled The Wait, then 2014's Two. The former managed to chart only one song, but he's had more traction since: his past six singles have all placed in Canadian country radio's Top 40.

The last two years in a row, Ottoh was nominated for the Rising Star trophy at the CCMAs.

The moniker might seem absurd for an artist nearing his 20th year, but it's also, in a way, fitting.

"Some people shoot to the top very quickly," he said.

"Others have to grind it out. And I feel that I'm going to grind it out."

TORSTAR NEWS SERVICE

THE SONGS

Tebey Ottoh has written songs for some big artists — here are the stories behind two.

- **Shawn Desman, Let's Go:** Tebey was in Africa when Desman's producer let him know that this buoyant tune would be the first single on his next album. The only problem? "I honestly didn't remember writing that song," Ottoh admits. "That's pretty embarrassing." Still, Desman and Ottoh remained close; Desman was even a groomsman at Ottoh's wedding.

- **Cher, Take It Like A Man:** Ottoh and his collaborators initially wrote this song for the U.K. girl group The Saturdays, before it wound up with the beloved club siren. "When you think about it, it's like a perfect gay anthem for Cher, even though we didn't make it that way," he said.

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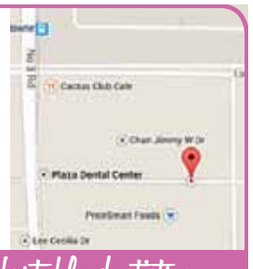

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Saving smarts run in the family

ROLE MODEL

What lessons are you passing on to your kids about money?

Gail Vaz-Oxlade
For Metro Canada

Whether you're actively teaching your children about money and the role it should play in their lives, or not, they are learning from you.

When you tell them to save 50 per cent of what they get in birthday money or of what they earn on their paper route or working at the grocery store, you're sending signals.

Do you save 50 per cent of your income? Then why do you expect your children to do that?

Do you save anything at all? If you don't save, if you don't talk about savings and making them grow, your children will learn from you that saving isn't important.

If you follow trends, try to emulate what you see on TV or in glossy magazines, or compare yourself to your friends, your family or your neighbours, you can't then turn to your children and say, "Don't give in to peer pressure."

What do you want your children to know about money and the role it should play in their lives?

- More is better OR enough is a good thing.
- Richer is better OR a life well lived is what we are striving for.
- Pay it off tomorrow OR we don't spend money we haven't earned yet.

There's been a big push to put money lessons into the school curriculum. Let me save you some disappointment. It won't work.

With all the blah blah blah about financial literacy of late, there's been a big push to put money lessons into the school curriculum. Let me save you some disappointment. It won't work.

Remember the food pyramid? That's being taught at school, which is why we no longer have a child-obesity problem. Oh, wait …

Despite learning about which foods are healthiest, if mommy and daddy serve up a hot dog, a bag of chips and a can of pop for lunch, what do you think kids learn?

Life offers you lots of opportunities to teach your children how money works, what they can do with it, and the place it should have in their lives. From grocery shopping to back-to-school shopping, from allowances for learning to paid chores for earning, you can use all the experiences kids have in their day-to-day lives to teach about money.

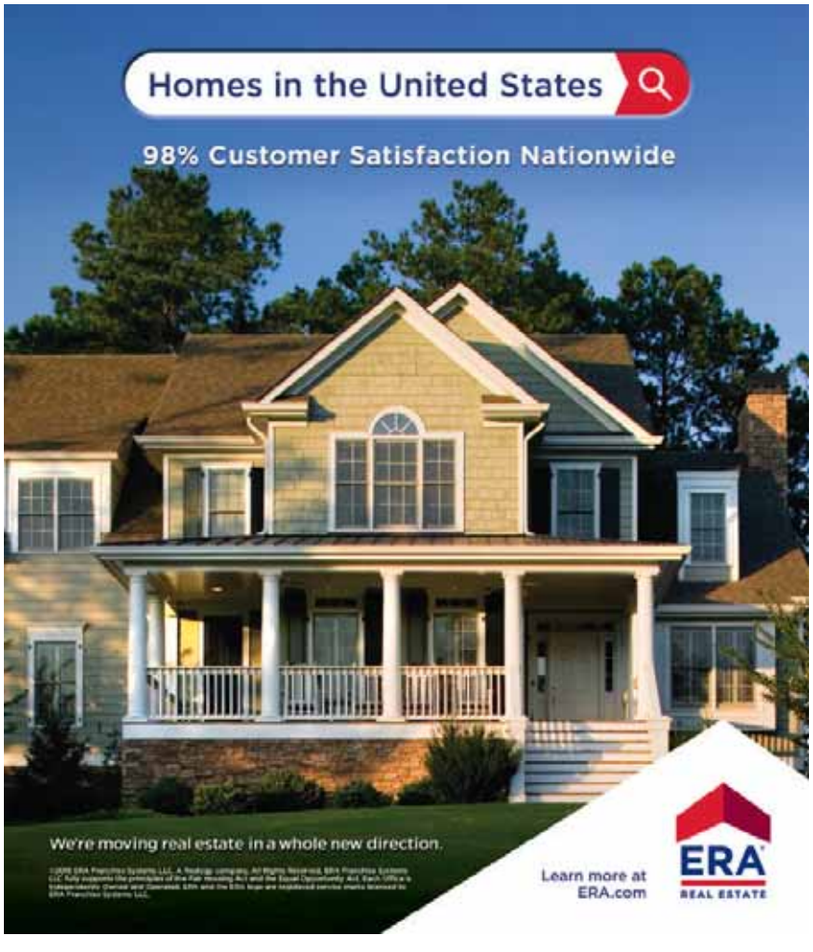
If you're afraid because you don't know where to start or what to say, or you're worried you might get it wrong, don't worry so much. You are already your kids' best teacher. They look to you for their sense of who they are and where they fit in the world. They count on you to guide them through the rough waters of making and keeping friends, building relationships, coping with the world at large. They trust you.

Besides, most of what you have to teach isn't that complicated. Is it so hard to teach the idea that money is an exhaustible resource, and when you spend it it's gone? How about that you have to make choices about what you do with your money? Or my fav: You can't spend money you don't have.

If you don't have all your financial ducks in a row, time to clean up your mess. You can't use the old "do as I say, not as I do" because kids will catch you out. Walk the talk if you want your children to learn the right lessons from you. These are lessons well worth learning … even for you.

For more money advice, visit Gail's website at gailvazoxlade.com

Life offers you lots of opportunities to teach your children how money works, what they can do with it, and the place it should have in their lives. ISTOCK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Give more with maker-made gifts

Holiday shopping doesn't have to be a mindless retail rush. Metro found five Canadian marketplaces that offer carefully curated selections of handmade products from near and far that benefit the artisans, the environment and developing nations. For mindful gift-giving made easy, visit these sites **Henrietta Walmark** METRO LIFE

SONDER MILL

Tip the balance

Scott Miller discovered maker communities during a global backpacking trip. Four months and 15 countries later, Miller returned home to Toronto, and kept travelling. This time he sought out makers across North American and launched Sonder Mill. The online marketplace carries 2,000 ethically-made, small batch and one-off items by 200 Canadian and American makers.

We love Sonder Mill's handpainted paddles and their leather growler carriers but the balancing trick of this wine bottle stand made from reclaimed barn board will bring a smile to everyone's face. **sondermill.com**

Son of a Woodcutter wine bottle stand, $33.43 (price includes shipping)

HOW DOES THE STAND WORK?
It looks like magic, but simple physics and centre of balance do the trick. It even works with an empty bottle, but we suggest pairing the stand with a bottle of regional wine to make an eco-complete gift.

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UNIKATI & CO

May your slipper socks be merry and bright

Unikati is a Bosnian word for handcrafted, one-of-a-kind objects. The word reflects the heritage of Unikati & Co's co-founders Leila Handanovic and Dina Bajric. While travelling the world, the two best friends quickly figured out that commerce was more important than charity to the artisans they met along the way, and Unikati & Co was born.

The Toronto-based duo's lovingly sourced collection includes toys, scarves, jewellery — their beaded wrap bracelets made in Guatemala are gorgeous — and these cozy and colourful traditional Bosnian slipper socks that will keep toes toasty all winter long. **unikati.ca**

Long Pape Alina slipper socks, $55

MAGPIE JEWELLERY

Popping the question?

December is one of the most popular times of the year to propose. Ottawa-based jeweller Magpie offers bespoke engagement rings made with eco-friendly karats of gold, silver and platinum, and ethically-sourced Canadian diamonds and gemstones. They will also re-purpose family heirlooms. Either way you'll get a one-of-a-kind dazzler for your darling. **magpiejewellery.com**

MACAUSLAND'S WOOLEN MILLS

Counting sheep

MacAusland's on Prince Edward Island has been weaving pure virgin wool blankets since 1932 at a mill that's been in operation since 1870. The fourth generation family business sources raw fleece from the Atlantic provinces and uses old-fashioned machinery to create throws and blankets with 100 per cent Canadian charm. The blankets are available in a variety of colours, sizes and styles. **macauslandswoollenmills.com**

Blankets start at $86

FAR & WIDE COLLECTIVE

Fill more than your own basket

"I think people should feel much more comfortable buying a product from us than investing in a charity. I think it is more efficient," says Far & Wide founder Hedvig Alexander in a video on the company website. Alexander spent more than 15 years working in development in conflict zones where she saw craftspeople struggling to grow their small businesses. She created Far & Wide to help artisans in developing nations connect with buyers around the world.

The Wave Basket, crafted in Ghana, makes an elegant statement as an art object but can also be put to practical use as small storage. **farandwidecollective.ca**

Black and Beige Wave Basket, $169

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JOHANNA SCHNELLER WHAT I'M WATCHING

Privilege and the nerve

MOMENT

The Knick puts entitlement on the operating table

The Knick: Season 2, Episode 2 (TMN)

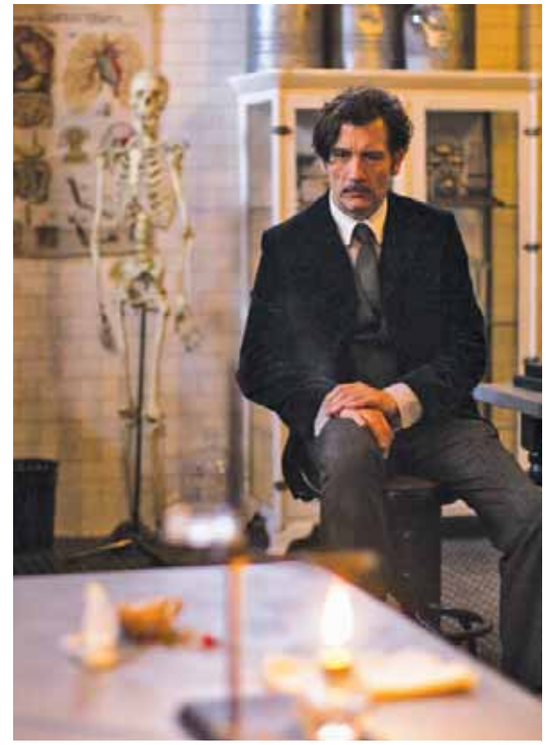
It's the early 1900s, and Herman Barrow (Jeremy Bobb), the greedy administrator of New York's gritty Knickerbocker Hospital, has made a deal with a whorehouse owner: He can sneak in girls for treatments in exchange for kickbacks. Barrow knows Nurse Elkins (Eve Hewson) will be discreet; he's got dirt on her.

But what about the doctor — grey-haired, genteel — who's just popped into the room unexpectedly? The doctor regards the whores. Barrow and Elkins hold their breath.

"Such lovely ladies," the doctor coos, choosing one to sit on the examining table. Elkins brings him stirrups. "Oh, I don't need those, they can put their legs on my shoulders," he says, jolly as Santa Claus. "I don't need swabs either, a close look and a good nose are enough." Eeewww.

This series revels in the gore of early 20th-century medicine — there's always a jagged bone on display, a rotting patch of skin to drain. The lead character, Dr. John Thackery (Clive Owen) — not the doctor in this scene — may be a brilliant surgeon, but he's also a sweat-soaked dope addict.

The grotesqueries that director Steven Soderbergh (who helms every episode) and his writers are really exposing, though, are those of human behaviour: not only chauvinism, but also racism and classism.



Clive Owen plays Dr. John Thackery, a "sweat-soaked dope addict" on Steven Soderbergh's The Knick. CONTRIBUTED

Because The Knick takes in all patients, from destitute immigrants to high society, characters like the jolly doctor can demean others with casual entitlement. Soderbergh's point, of course, is that demeaning is still rampant. Less overtly displayed, perhaps, but putrid nonetheless.

The Knick can be seen on demand at TMN GO. New episodes can be seen Fridays at 11 p.m. on HBO Canada.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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badgut.org
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- **Speaker:** James R. Gray, MD, CCFP, ABIM, FRCP(C), Gastroenterologist

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Please register in advance at www.badgut.org/events or 604-873-4876.

GUM DISEASE AND TYPE 2 DIABETES

SHUTTERSTOCK

Did you know that gum disease can increase risk of getting Type 2 diabetes?

Type 2 diabetes is a condition in which the body's cells become resistant to insulin, an important hormone that regulates glucose intake and the body's metabolism. That might not seem related to what happens in your mouth, but it is.

Periodontal disease, also known as gum disease, is so commonly associated with diabetes that it has been called the sixth complication of the condition. The effects of diabetes have been shown to worsen gum disease, and vice versa.

Several studies found that diabetic patients had a much higher tendency to have gum disease compared to the average non-diabetic.

The studies have found that many factors associated with gum disease, including bleeding gums, loss of tooth attachment and missing teeth, were all more highly associated with diabetes.

"People need to know that when they take care of their teeth and gums, it can improve some important health outcomes — and diabetes is a powerful example," says Dr. Benson Fung, a dentist at Victoria and 54th Family Dentistry in Vancouver. "There's strong evidence to suggest that diabetes and gum disease are related."

Research has shown that smoking greatly exacerbates the problem. Diabetic smokers were 10 times more likely to have periodontal disease compared to nonsmokers. Smoking has also been associated with a higher risk of tooth loss.

Even those who receive secondhand smoke are vulnerable. Those who are exposed to cigarette smoke in their environment have been shown to have about three times the chance of developing clinically-detectable gum disease.

Smoking destroys the gums, and the more they're destroyed the worse the effects of gum disease the patient experiences. Anyone who smokes will eventually develop damage to the gums, which has a resulting negative impact on the immune system.

Luckily, there's hope.

"Many of the effects that smoking and gum disease can have are reversible, and we've seen that at Victoria at 54th Family Dentistry," Dr. Fung explains. "With proper coaching and care, the destruction that smoking can cause in your mouth can be reversed with smoking cessation, periodontal therapy and proper home-care instruction."

SHUTTERSTOCK

Keeping your gums looking their best

The health of your gums can strongly influence the health of your body on the whole, yet many people don't take the simple measures needed to keep their gums healthy.

"Gum disease is a real, common problem that can first appear quite harmless, but will have serious effects on your health down the line," says Dr. Benson Fung, a dentist at Victoria and 54th Family Dentistry in Vancouver. Gum disease is very common — seven out of 10 Canadians will develop it at some point.

The condition is caused by the bacterium Porphyromonas gingivalis, which breaks down the collagen in the connective tissues of the mouth using a protein-degrading enzyme. The activity of this bacterium is related to many inflammatory activities in the body, not just gum disease, so when it proliferates in the mouth, it can trigger inflammation-related conditions in other parts of the body, too.

There are simple measures you can take to prevent gum disease, including maintaining your oral health by brushing your teeth after meals and flossing daily. Diet, stress levels, age and genetics can all play a role, too. Make sure your diet provides enough nutrients for your body to maintain itself, and practice stress-coping techniques and regular exercise to help keep your body's immune response optimal.

If you already have gum disease, and you're looking to improve your health, getting rid of your plaque and tartar gives your gums the relief they need to start healing. Visit your dentist to ensure built-up tartar is well removed, and continue regular visits as recommended by your dentist.

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Tyson Fury defeated Wladimir Klitschko by unanimous decision to end the Ukrainian's 9.5-year reign as heavyweight boxing champion

Eskimos put Grey Cup on ice

CFL

Redblacks denied their first league championship

SUNDAY In Winnipeg

26 20

Jordan Lynch's one-yard touchdown run with 3:22 remaining rallied the Edmonton Eskimos to an exciting 26-20 Grey Cup win over the Ottawa Redblacks on Sunday night.

Lynch successfully converted the third-and-one situation to cap a five-play, 78-yard drive. Quarterback Mike Reilly's three-yard pass to Akeem Shavers for the two-point convert erased a 20-18 advantage.

The drive was aided by Edmonton head coach Chris Jones challenging an incompletion that was ultimately changed to pass interference against Ottawa's Brandon Sermons. That gave the Eskimos the ball at the Redblacks' 10-yard line.

Jones thought he noticed the pass interference and threw a challenge flag, which was not a tactic that went well for him this season. He had lost every challenge he attempted this year before finally winning one during Edmonton's victory over Calgary in last week's West Division final.

"I had to call a timeout, and I said: 'Look at this because it's too big a situation, and if it is (pass interference) then we need to throw a flag," Jones said. "That's how it transpired."

It was a dramatic finish for the Investors Group Field sellout of 36,634, the second-smallest Grey Cup attendance since 1975. It was the fourth time the CFL title game was played in Manitoba, and the first since 2006.

Edmonton secured its first Grey Cup title since 2005 and 14th overall in a record 25th appearance. Only Toronto (16) has won more.

The Eskimos also finished the season registering their 10th straight win, all coming after Reilly returned as the club's starter. He suffered a knee injury in Edmonton's season-opening loss to Toronto.

Reilly, who was named the Grey Cup's most valuable player, said getting to a championship game is "an opportunity you get to have a handful of times if you're lucky."

"It's certainly special," he added. "It's something that I'll never take for granted. It's memories that I'm happy I'll have for the rest of my life."

It was a bitter ending to the season for Ottawa, appearing in its first Grey Cup since a 26-23 loss to Edmonton in 1981. The city's last CFL championship came in 1976 with the former Rough Riders.

"It's not anger it's disappointment," Ottawa head coach Rick Campbell said when asked about his mood following tough loss for the Redblacks. "This is definitely not a business to be in if you don't like highs and lows. That's part of what you sign up for when you're in this business. But obviously heartbroken, disappointed, all those things. I'm so proud of those guys and so proud to coach them. And that's what make it so disappointing to get this far and not get it done."

Reilly completed 21 of 35 pass attempts for 269 yards and two touchdowns.

Edmonton wide receiver Shamawd Chambers was named the game's most outstanding Canadian. The Toronto native had 49 yards receiving.

THE CANADIAN PRESS

Quarterback Mike Reilly hoists the Grey Cup after the Eskimos captured their 14th championship on Sunday in Winnipeg. NATHAN DENETTE/THE CANADIAN PRESS

> **We had opportunities to turn the tide and we just didn't make the plays.** Redblacks QB Henry Burris

NHL

Hutton returns to practice as Canucks continue road trip

Ben Hutton blocks a shot in front of goaltender Ryan Miller against the Red Wings on Oct. 24. DARRYL DYCK/THE CANADIAN PRESS

Cam Tucker
Metro | Vancouver

Injured defenceman Ben Hutton returned to practice with the Vancouver Canucks on Sunday, according to a report from the club's Twitter account.

However, as per the club, it's not yet known when the impressive 22-year-old rookie blueliner will get back into game action after missing the last four games, with head coach Willie Desjardins saying there is no timetable for his return.

In 20 games, Hutton has recorded eight assists — he's still looking for his first NHL goal — but has turned heads through training camp and early into his tenure with the Canucks with his ability to move the puck confidently out of his own end and willingness to join the rush.

Hutton re-joins the team after the Canucks recalled defenceman Andrey Pedan last week from the AHL's Utica Comets. Pedan is still awaiting his NHL debut.

The Canucks are in the midst of a four-game road trip.

IN DETROIT

Panthers clip Wings in OT

Brian Campbell scored at 1:20 of overtime and Roberto Luongo made 28 saves, lifting the Florida Panthers a 2-1 victory over the Red Wings on Sunday.

THE ASSOCIATED PRESS

After a win in Minnesota and a shootout loss in Dallas, the Canucks travel to California to play the Anaheim Ducks on Monday. They'll finish off the trip the following night against the L.A. Kings.

With games on back-to-back nights, it will be interesting to see if or when Desjardins opts to start backup goalie Jacob Markstrom and give 35-year-old Ryan Miller, who leads all NHL goalies with 1,211 minutes played, an extra day of rest.

As of Sunday, the Canucks sat fourth in the Pacific Division with a 9-8-7 record and 25 points. Meanwhile, the Kings lead the division with 29 points, after wins in six of their last 10 games.

Glass slipper fits for T-Birds

VANIER CUP

UBC completes rags-to-riches run with win in championship

Cam Tucker
Metro | Vancouver

The University of British Columbia Thunderbirds football team — which has transformed over the last few months into a local Cinderella story — completed its rise from the bottom of Canada West a year ago to the top of Canadian Interuniversity Sport in 2015 Saturday, with a Vanier Cup championship.

The win, the eighth straight for the T-Birds to end the season, marks the football program's first national title since 1997.

The final chapter of this story included a heart-stopping finish on a field goal with no time remaining in the fourth quarter from Quinn van Gylswyk to snap a tie game, giving UBC a 26-23 victory over the Montreal Carabins on Saturday.

UBC's triumph concludes a massive turnaround for the football program. UBC finished last place in Canada West conference a year ago, with only two wins.

But the hiring of Blake Nill to the head coach's job last December and the commitment to the school from quarterback Michael O'Connor — a Penn State transfer — a few months later accelerated the rebuild. It culminated less than a full year later with what is considered to be an unexpected championship.

"This group of guys was not even picked to make the playoffs in Canada West this year," said Nill, as per John Edwards of the CIS.

SATURDAY in Quebec City

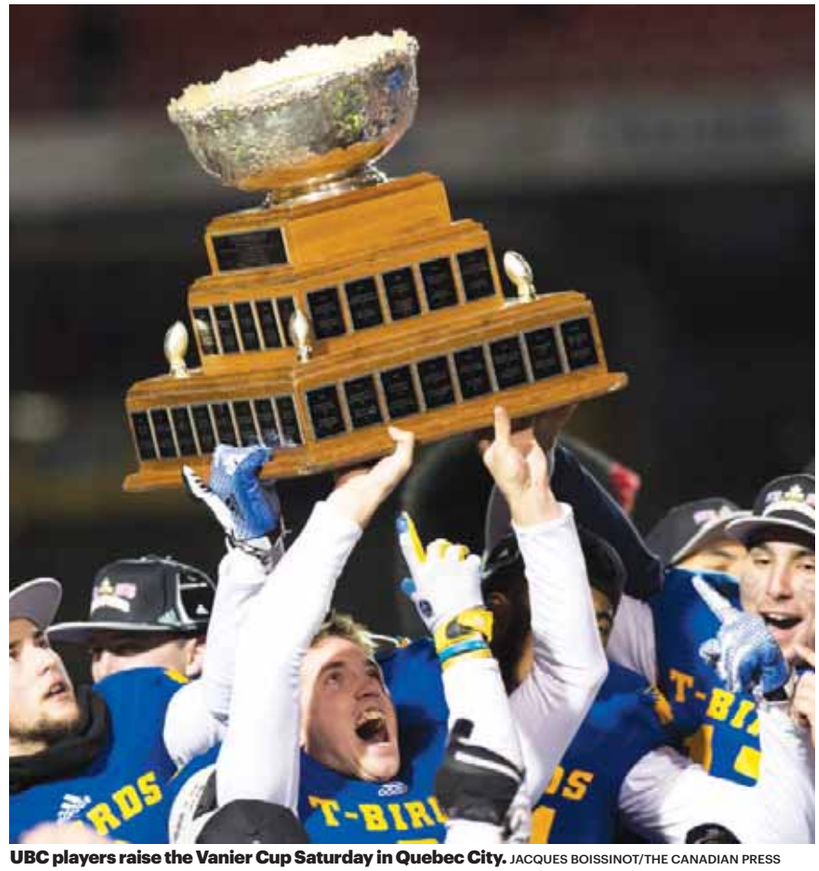
26	23
UBC	MONTREAL

"What they have done is one of the most amazing things I've seen. This team has stood up to the best the country can offer and they have come out in front every time."

O'Connor, 19 years old and originally from Orleans, Ont., completed 31 passes on 51 attempts for 389 yards and one touchdown, and was named the game's most valuable player.

According to the CIS, he's only the second rookie quarterback to ever win a Vanier Cup.

"He's ahead of his time," Nill said of O'Connor in a phone interview last week. "He's going to be a huge part of UBC athletics in the next four years."



UBC players raise the Vanier Cup Saturday in Quebec City. JACQUES BOISSINOT/THE CANADIAN PRESS

Kobe calling it a career

Seventeen-time NBA all-star Kobe Bryant **has announced that his 20th season will be his last.** JEFF CHIU/THE ASSOCIATED PRESS

NBA

Lakers great Bryant set to retire at end of this season

Kobe Bryant of the Los Angeles Lakers has decided to retire after this season.

The 37-year-old Bryant made the announcement in a post on The Players' Tribune on Sunday. The decision was not totally unexpected, given that Bryant has said many times in recent weeks that he was considering making his 20th NBA season his last.

There's no more wondering now. After two decades, two Olympic gold medals, five championship rings, 17 All-Star selections, an 81-point game that ranks as the second-best in NBA history and more than 32,000 points, Bryant's career is officially winding down.

"This season is all I have left to give," Bryant said in what he called a letter entitled "Dear Basketball."

Bryant said in an interview on Sirius XM Radio just last week that "if something changes," he would come back and play next season. Only a few days later, that's apparently no longer an option.

"My heart can take the pounding. My mind can handle the grind. But my body knows it's time to say goodbye," Bryant wrote in the post. "And that's OK. I'm ready to let you go. I want you to know now. So we both can savour every moment we have left together. The good and the bad. We have given each other all that we have."

Bryant ranks third on the NBA's career scoring list, and only 13 players in league history played on more championship teams. Bryant helped the Lakers to titles in 2000, 2001, 2002, 2009 and 2010.

"Kobe Bryant is one of the greatest players in the history of our game," NBA Commissioner Adam Silver said.

"I join Kobe's millions of fans around the world in congratulating him on an outstanding NBA career and thank him for so many thrilling memories."

THE ASSOCIATED PRESS

NFL

Wilson throws 5 TDs in Seahawks victory

Russell Wilson's career-best day proved better than a record-setting performance by Ben Roethlisberger. Wilson threw a career-high five touchdown passes, including two TDs to Doug Baldwin in the final 8:12, and the Seattle Seahawks held on for a wild 39-30 win over Roethlisberger and the Pittsburgh Steelers on Sunday.

Wilson threw three touchdowns to Baldwin, including an 80-yard catch-and-run score with 2:01 left after Pittsburgh had trimmed Seattle's lead to 32-30.

Baldwin caught a crossing route on third-and-10 at the 20, broke two tackles and raced for the clinching score. Baldwin caught a 30-yard TD midway through the fourth quarter after Pittsburgh had taken a 27-26 lead.

Wilson also threw two touchdowns to Jermaine Kearse and Seattle (6-5) picked up a huge victory in its hopes of getting back to the post-season.

Roethlisberger threw for 456 yards — the most ever against the Seahawks — but was pulled with 2 minutes left and taken to the locker room for concussion protocol. The Steelers (6-5) had a two-game win streak end.

Seattle kept pace in the NFC wild-card race, but may have suffered a significant loss with Jimmy Graham injuring his right knee late on. THE ASSOCIATED PRESS

ELSEWHERE

Chiefs 30, Bills 22

Alex Smith threw for 255 yards and two touchdowns, Spencer Ware ran for 114 yards and a score, and the Chiefs won their fifth straight.

Jeremy Maclin had nine receptions for 160 yards and a touchdown, and Cairo Santos hit three field goals for the Chiefs (6-5).

THE ASSOCIATED PRESS

SUNDAY in Seattle

39	30
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RECIPE Italian Wedding Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You don't need to be getting married to enjoy this hearty, comforting soup.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients
- 1/2 lb ground turkey
- 3 Tbsp bread crumbs or panko
- 1 Tbsp grated Parmesan
- 2 cloves garlic, minced and divided
- 1 Tbsp olive oil
- 1 onion, finely chopped
- 2 carrots, chopped into 1/4-inch disks
- 1 tsp finely chopped fresh rosemary
- 6 cups low-sodium chicken broth
- 1 Parmesan cheese rind
- 3/4 cup orzo
- 1 head of spinach, chopped into ribbons
- Salt and pepper to taste

Directions
1. Preheat your oven to 375 F.
2. In a large bowl, mix turkey, bread crumbs, grated cheese and half of the garlic until well combined. Roll into 1-inch balls. Place meatballs on a baking sheet and bake for 10 minutes.
3. In a large pot, warm olive oil over medium heat. Add onion and carrots and soften for about 3 minutes. Add the remaining garlic and rosemary and cook for another minute.
4. Add broth and the rind of Parmesan. Simmer for 7 minutes.
5. Add the orzo and continue to simmer for 6 minutes. Carefully add the meatballs to the soup and allow to simmer for 4 minutes. Toss in the spinach and stir. Serve with grated Parmesan.

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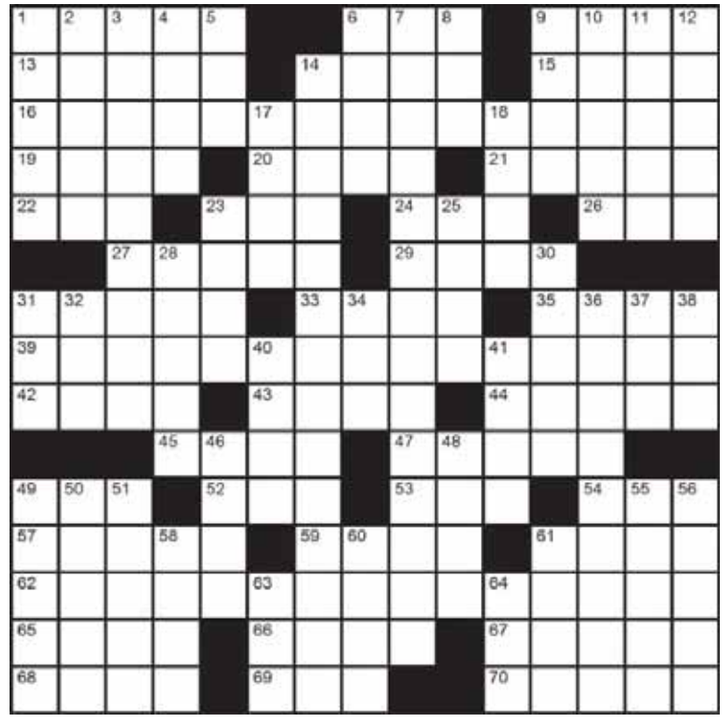
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Aussie singer Ms. Goodrem
6. Mr. Hope
9. Pencil stubs
13. Self-evident truth
14. Movie studio
15. Maureen Forrester piece
16. _-_ _ (Prime Minister Mackenzie King's portrait is on the front of it)
19. Skedaddle
20. "So this ain't the _ _ saw you again, today..." - Heart, "Barracuda"
21. Hydro bill factor
22. Affirmative
23. Grad cap wearer's honour, briefly
24. Bird's beak
26. Skirt's finished edge
27. Burglar
29. There's none during a blackout [abbr.]
31. Cheque recipient
33. Siberian city
35. Roman's 1502
39. What websites do on Cyber Monday: 2 wds.
42. Nest locale
43. Prefix with 'sphere'
44. Brian of Canadian figure skating
45. "_ Bridges" ('90s series starring Don Johnson)
47. Deluxe
49. '25' for Adele
52. Alkali
53. Rihanna's "_ de Replay"
54. Kitchen utens.
57. Ancient Greek city-state
59. Foremost
61. Itty-bitty bit
62. Shorebird that breeds at a similar-sounding (to the answer's first word) Bay in Canada: 2 wds.
65. Hollywood star
66. Annoyance
67. Pumps parts
68. Denizen of Denmark
69. Oom-_ (Tuba sound)
70. "When Harry Met _..." (1989)

DOWN
1. Duck pal for Bugs Bunny
2. Deport
3. Modus vivendi
4. Hold a handbag
5. Ms. Schumer
6. Daring
7. Lots of it happens on Cyber Monday: 2 wds.
8. Not _ _ long shot
9. Captures
10. Dickensian schemer Mr. Heep
11. Hogwash
12. 1692's witchy vicinity
14. Celtic folk tune about a Cape Breton river: 4 wds.
17. '90s band, _-Lite
18. Contraption cartoonist Mr. Goldberg
23. Carpe _!
25. Ms. Gruning of "Casablanca" (1942)
28. Stage/film actress Ms. Hayes
30. Astronaut titles, e.g.
31. Calif. clock setting
32. Ireland's _ Lingus
34. Roman's 1900
36. Item for drying in the kitchen: 2 wds.
37. 'Real' suffix in England
38. Suffix with 'Court'
40. Simple
41. Sentence part
46. Moreover
48. Lengthy
49. Ladybug's louse-y lunch
50. Dutch cheese
51. Iowa city which is the setting of 1930 painting American Gothic
55. Tranquil
56. Fall guy
58. 1888 W.B. Yeats poem, The Lake _ of Innisfree
60. Oooh's friend
61. Notion
63. Tom Mulcair's pol. designation
64. Surnamesakes of Canadian actress Sandra

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't tell people what you think they want to hear. They will notice if your words sound insincere. Tell the truth, no matter how much it might hurt.

Taurus April 21 - May 21
If you have fallen out with someone now is the time to kiss and make up. You will find just the right words to convey how much you regret any misunderstandings and they will go out of their way to say sorry too.

Gemini May 22 - June 21
Don't push yourself harder than you need to. Cosmic activity in the area of your chart that governs wellbeing encourages you to share your workload. Partners and colleagues will help if you ask nicely.

Cancer June 22 - July 23
Time is precious and you must not waste it. Certainly don't let others waste it. Focus your energy on activities that mean something to you.

Leo July 24 - Aug. 23
A rival seems to be getting the better of an argument but maybe your opinions are not as good as you thought they were. Check your facts carefully and be ready to admit that you were wrong.

Virgo Aug. 24 - Sept. 23
Not everyone can live up to your high standards so don't make a fuss if someone falls short today. They are more likely to respond to words of encouragement than to accusations that they are not trying hard enough.

Libra Sept. 24 - Oct. 23
Pay attention only to things that matter personally. If you let your mind wander you may lose to a rival who does not possess your abilities but knows the value of concentration.

Scorpio Oct. 24 - Nov. 22
Focus on what is important to the exclusion of everything else. You have wasted a lot of time on things that don't bring you closer to your goals.

Sagittarius Nov. 23 - Dec. 21
You may be a bit more subdued than usual over the next few days but everything is relative and most likely by other peoples standards you will still be the life and soul of the party. On an inner level though questions need to be answered.

Capricorn Dec. 22 - Jan. 20
You know what you like and what you dislike but as from today you will take a more relaxed attitude toward people who think, feel or act in ways you do not always agree with.

Aquarius Jan. 21 - Feb. 19
This is an important time for your work and career and over the coming week you will get the chance to make an impression on employers. If you think your talents are being overlooked now is the time to speak up.

Pisces Feb. 20 - March 20
Your thinking will be deeper and wider over the next few days as you leave behind trivial matters and focus on what really counts. Also, try to worry less about money.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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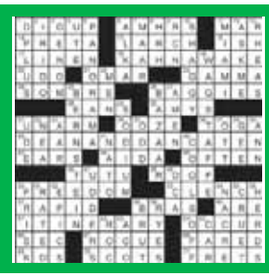

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Sevenoaks Shopping Centre
214 Sumas Way
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Town Centre
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.

Coquitlam
Coquitlam Centre
Westwood Mall
1071 Austin Ave.

Delta
Scottsdale Centre
1214 56th St.
4841 Delta St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Mission Smartcentre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
Fremont Village
2020 Oxford Connector

Richmond
Lansdowne Centre
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
220 East 1st Ave.
510 Georgia St. W
1095 West Pender St.
1143 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
3121 West Broadway

West Vancouver
Park Royal South

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